

## Courses available: March 2023

The Academy offers a wide range of **courses** and workshops designed to **empower your mental health** and **wellbeing**, provided by a number of Partner organisations working together.

Courses are delivered **face to face** and **online** via Zoom. All Academy courses and workshops are completely **FREE OF CHARGE** and open to anyone **over the age of 18 living in Coventry and Warwickshire** who wants to better manage or understand their mental health and wellbeing.

Courses available: in Coventry
<b>Arty-Folks, First Floor, Eaton House, Eaton Road, Coventry, CV1 2FJ:</b>
<b>Art for Wellbeing (by Arty-Folks)</b> – 3 weekly sessions, starting Wednesday 1 <sup>st</sup> March, 10am to 12pm
<b>Art for Wellbeing (by Arty-Folks)</b> – 3 weekly sessions, starting Wednesday 22 <sup>nd</sup> March, 10am to 12pm
<b>Moat House Leisure Centre Carpark, Winston Avenue, Coventry, CV2 1EA:</b>
<b>Wonder as you Wander (by The Starfish Collaborative) (NEW)</b> – 5 sessions – starting Thursday 2 <sup>nd</sup> March, 1pm to 3pm

New partner: The Starfish Collaborative



- A Coventry based Community Interest Company
- Enable people to access, explore and experience creativity, culture and nature for positive mental & physical health and social & environmental change
- Believe working together creatively as a local community can make a positive difference to everyone's lives



To enrol visit: <https://recoveryandwellbeing.co.uk/>





## Courses available: in North Warwickshire

**Bulkington Community Centre, School Road, Bulkington, CV12 9LB:**

**Recognising & Managing Stress and Sustaining Resilience** – 1 session – Wednesday 8<sup>th</sup> March, 10am to 3pm

**Managing Emotions** – 2 weekly sessions – starting Wednesday 15<sup>th</sup> March, 2pm to 4pm

**Newtown Chambers, Suite 3, Corporation St, Nuneaton, CV11 5XR:**

**Trauma Awareness (NEW)** – 1 session – Wednesday 15<sup>th</sup> March, 9:30am to 1:30pm

**Vale View Rec – Meet at: Stockingford Community Centre, Haunchwood Road, Nuneaton, CV10 8DY:**

**Wilder Wellbeing with Warwickshire Wildlife Trust (by Escape Arts)** – 6 weekly sessions – starting Wednesday 22<sup>nd</sup> March, 11am to 1pm

**Rugby Library, Little Elbow Street, Rugby, CV21 3BZ:**

**Relapse Management: Creating a personalised relapse plan to help manage mental health decline** – 2 weekly sessions – starting Tuesday 21<sup>st</sup> March, 10am to 12pm

## Courses available: in South Warwickshire

**Tallis Wood, Southam Road, Radford Semele, Leamington Spa, CV31 1TY:**

**Tallis Woodland Wellbeing (by ARC)** – 8 weekly sessions - starting Wednesday 1<sup>st</sup> March, 10am to 3pm (with 2-week break Easter break)

Feedback on Relapse Management:

- “I’m so glad this course is being run”
- “I wish I’d had something like this when I was unwell”
- “Trainers that get it”
- “Very real”



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## Courses available: Online via Zoom

<b>Healthy Mind Skills &amp; Practices</b> – 1 session – Wednesday 1 <sup>st</sup> March, 12pm to 1pm
<b>Understanding Dementia</b> – 1 Session – Thursday 2 <sup>nd</sup> March, 9:30am to 12pm
<b>Peer Support Worker Training</b> – 2 weekly sessions – starting Friday 3 <sup>rd</sup> March, 10am to 4pm
<b>Anxiety Management</b> – 4 weekly sessions – starting Monday 6 <sup>th</sup> March, 10:30am to 12pm
<b>Living with a Long-term Condition</b> – 1 session – Monday 6 <sup>th</sup> March, 11am to 1pm
<b>Advocacy: Knowing your Rights (by VoiceAbility)</b> – 1 session – Monday 6 <sup>th</sup> March, 2pm to 4pm
<b>Positive Thinking</b> – 1 session – Wednesday 8 <sup>th</sup> March, 1pm to 2:30pm
<b>Understanding Self-Harm</b> – 1 session – Monday 13 <sup>th</sup> March, 11am to 1pm
<b>Understanding Personal Independence Payment (by DWP)</b> – 1 session – Tuesday 14 <sup>th</sup> March, 10am to 12pm
<b>Finding Purpose &amp; Direction</b> – 1 session – Wednesday 15 <sup>th</sup> March, 1pm to 2:30pm
<b>Substance Use and Mental Health (by CGL)</b> – 1 session – Wednesday 15 <sup>th</sup> March, 6pm to 8pm ( <b>evening course</b> )
<b>Suicide Prevention – Overview Tutorial (SP-OT) What EVERYONE needs to know (by Papyrus)</b> – 1 session - Thursday 16 <sup>th</sup> March, 10am to 11:30am
<b>Understanding Sensory Needs in School Aged Children</b> – 1 session – Thursday 16 <sup>th</sup> March, 12:30pm to 2:30pm
<b>Introduction to Anxiety</b> – 1 session – Wednesday 22 <sup>nd</sup> March, 1pm to 2:30pm
<b>Bereavement</b> – 1 session – Friday 24 <sup>th</sup> March, 10am to 2pm
<b>Obsessions &amp; Compulsions</b> – 2 sessions – starting Tuesday 28 <sup>th</sup> March, 10am to 11:30am
<b>Benefits of Volunteering – Helping others, helping you (by WCAVA)</b> – 1 session – Tuesday 28 <sup>th</sup> March, 12:30pm to 2pm
<b>Introduction to Depression</b> – 1 session – Wednesday 29 <sup>th</sup> March, 10am to 11:30am
<b>Come Connect (by Arty Folks)</b> – 1 session – Wednesday 29 <sup>th</sup> March, 1pm to 2pm
<b>Understanding Low Mood in Children and Young People</b> – 1 session – Thursday 30 <sup>th</sup> March, 10am to 12pm
<b>Understanding Psychosis</b> – 1 session – Friday 31 <sup>st</sup> March, 10am to 12:30pm



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